

“Change the self-consciousness of a spotlight on the body  
for the self - confidence of a light radiating from the body”

Gloria Steinem



The foundation of successful weight loss  
is a strong, positive self-image .

Learn how to change destructive programs and  
create an empowering life.

Barbara Stevens comes to the Capital Region Wellness Center with 30  
years experience in Sales and Customer Service.

For the past 10 years she has worked with individuals, major  
corporations, and state agencies, in the field of human potential.

WEIGHT LOSS, SMOKE CESSATION  
STRESS MANAGEMENT  
PAST LIFE REGRESSION